

Physical Activity Ideas for Schools

Public Chapter 1001 Tennessee's 90 minute Physical Activity Law for Elementary and Secondary Students

"Each LEA shall implement PC1001 in the 2007-2008 school year."

"It shall be the duty of each LEA to implement 90 minutes of physical activity per week into the instructional school day for elementary and secondary students."

DEFINITION

Physical Activity in an educational setting is defined as a behavior consisting of bodily movement that requires energy expenditure above the normal physiological (*muscular, cardio respiratory*) requirements of a typical school day.

Physical Activity is not to be confused with Physical Education which is structured classes following state Physical Education standards taught by certified Physical Education Teachers.

TAHPERD, 2006

Free Resources for Classroom Activities:

www.ncpe4me.com

www.pecentral.org

www.aahperd.org/naspe (click "teacher toolbox")

Purchasable Resources for Classroom Activities:

www.take10.net

www.braingym.org

Resources for Walking Programs:

www.walkingworksforschoolstn.com (K-5 only)

<http://aom.americaonthemove.org/tennessee>

<http://walkacrosstn.tennessee.edu>

www.creativewalking.com

Do's and Don'ts for Implementation of Physical Activity:

Do's

- Increase the amount of physical activity students are currently receiving.
- Make your daily lessons physically active in all academic areas K-12.
- Remember that it must be done within the academic school day.

Don'ts

- Rely on what has been done in the past 30 years, i.e. walking to and from classes.
- Ignore the law in hope that it will go away.
- Forget that this is good for student learning, health, and well being.



www.tahperd.us

**Change is required
for success!!**



www.tennessee.gov/education/schoolhealth

Why Should Schools Focus on Physical Activity?

Healthier Students Learn and Behave Better!

- Children participating in daily physical activity exhibit better attendance, a more positive attitude toward school, less disruptive behavior, higher self esteem and greater academic performance (*Jensen, 1998*).
- Physical activity also improves blood and oxygen flow to the brain, increasing the number of synaptic connections. This helps to improve reasoning, short term memory, reaction times, and creativity (*Jensen, 1998*).
- Regular Physical Activity has been proven to:
 - Decrease the risk of death from heart disease
 - Lower the risk of developing diabetes
 - Reduce blood pressure in persons with elevated levels
 - Increase muscle and bone strength
 - Decrease body fat
 - Enhance psychological well being (*Jensen, 1998*)
- Tennessee Statistics:
 - 43% of all Tennessee students are at-risk for overweight or overweight (*obese*). (*CSH Pilot sites and DOH BMI data*)
 - Only 62% of Tennessee high school students participated in vigorous physical activity 3 or more days per week for 20 minutes or more per occasion. (*2005 YRBS survey*)
 - 2 in 3 Tennesseans are overweight or obese. Lack of physical activity and overweight/obesity are risk factors for developing diabetes and complications of diabetes such as blindness, kidney disease, amputations, and neurological problems. (*University of Tennessee Extension*)
- Tennessee is ranked:
 - 47th in the nation for overall health status
 - 3rd in the nation for childhood obesity (*CDC, 2006*)

Ideas for Implementation of Physical Activity

(Options some schools are trying)

ELEMENTARY AND MIDDLE:

- Implementing physical activity during the “homeroom period” (*middle school*)
- Additional time to participate in unstructured play during lunch time
- Video exercise library for classroom use, great for inclement weather.
- Physical Activity on the school news (*usually broadcast each morning*)
- School wide walking programs, activity clubs, and enrichment interest groups.
- Create a theme song dance, do it during the school day over PA

HIGH SCHOOL:

- **Lengthen the school day by 30 minutes.** At some point during the day, a physical activity period of 18 minutes would be added. The remaining 12 minutes would be added to the existing 6 periods. This would allow us to gain 4-5 in-service days for the purpose of committee work, SACS, etc.
- **Cut 3 minutes from each high school period.** These three minutes would add up to 18 minutes/day for a physical activity period.
- **Cut class change time by 1 minute and take 2 minutes from each class.** These three minutes would add up to 18 minutes/day for a physical activity period.
- **Require each high school teacher to incorporate 15 minutes of “physical activity” per week in each class.** Accomplishing this would be at the discretion of the teacher. Possibilities are varied: 3 minutes/day, 15 minutes one time/week, 5 minutes three times/week. Physical activity means that the students must be moving. Other possibilities are to take your class outside to walk around the building.
- **Intramural program at lunch time.**
- **Using classroom TVs for broadcasting physical activities.** (*use DVDs, cheerleaders, student organizations, or other students to create fitness activities*)
- **Integrating physical activity in classroom instruction.** Tie the activity to the learner objectives.
- **“Walkie-talkie” breaks from classroom instruction.** Take the students outside and walk around the school grounds or track area.

For additional information contact:

*Susan Brotherton, Physical Education Specialist
Tennessee Department of Education, Office of Coordinated School Health
710 James Robertson Parkway
5th floor, Andrew Johnson Tower
Nashville, TN 37243
615-253-4697
susan.brotherton@state.tn.us*